

Communication Services Department
5334 South Prince Street
Littleton, Colorado 80166-0001
Phone: 303-710-7893
Fax: 303-738-7894
www.co.arapahoe.co.us

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Contact:

NICHOLE PARMELLY

Communication Services Specialist II

Direct: 303-636-1945

Mobile: 303-710-7893

Email: nparmelly@co.arapahoe.co.us

Change makes a difference

Arapahoe County raises money during Child Abuse Prevention Month

Littleton, Colo. --- April is Child Abuse Prevention Month, and in an effort to raise awareness, Arapahoe County will be collecting change that will go to programs that prevent child abuse and neglect.

Residents are welcome to participate. Fun and friendly piggy banks are located at various Arapahoe County buildings. Stop by to feed the pig and pick up a bookmark filled with tips on what you can do to help prevent child abuse. Piggy banks can be found at:

- Administration Building: 5334 S. Prince Street, Littleton
- Arapahoe Plaza 3rd Floor: 1690 W. Littleton Blvd., Littleton
- CentrePoint Plaza: 14980 E. Alameda Drive, Aurora
- Justice Center: 7305 S. Potomac St, Ste 101, Centennial
- Public Works and Development: 10730 E. Briarwood Ave., Suite 100, Centennial
- Sheriff's Office: 13101 Broncos Parkway, Centennial

All proceeds will be donated to Families First and their child abuse prevention programs. Families First is a non-profit organization that strives to protect children by strengthening families and providing parent education and support.

As a community, we can reduce the risk of child abuse and neglect by creating supportive environments that empower parents and give them the tools they need to raise their children in safe, loving and nurturing homes. Here are a few tips you can do to reach out to parents and children to reduce the stress that often leads to child abuse and neglect:

- Help a friend, neighbor or family member by offering to baby sit.
- Do at least one activity a day to keep a child happy, healthy and safe, such as reading a book or preparing a special meal.
- Learn about child development to improve your ability to safely respond to a child's needs
- Learn healthy ways to cope with stress. When you feel overwhelmed take a time out.
- Help children develop self control by setting limits, teaching good behavior and building self esteem.

Parenting can be tough. If you feel overwhelmed or stressed out, these organizations can help.

- Families First: 303-695-7996, www.familiesfirstcolorado.org
- The Kempe Center: 303-864-5300, www.kempe.org
- United Way: 211, www.unitedwaydenver.org

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